



U.S. Air Force

DEP News

by Airman 1st Class Jacque Lickteig



Staff Sgt. Kalaeone Needham (center) has tech school students Airman Ryan Ross (left) and Airman 1st Class Sakawa Ogea identify F-16 Fighting Falcon parts during training at Keesler Air Force Base, Miss.

Basic military training graduation is finished, farewells have been said and bags are packed — it's off to technical training school. What can you expect at tech school? Tech school is a different environment than BMT. While most rules and schedules are still

used, restrictions will be more relaxed and privileges will be granted over time. Military training instructors are replaced by military training leaders. They don't wear the "Smokey Bear" hat, but they're still charged with keeping order and enforcing standards.



Students at the Air Force Fire Academy, Goodfellow Air Force Base, Texas, train to properly extinguish a helicopter fire. The fire academy is one of the many Air Force technical training schools.

Here are a few things to expect when you arrive at your technical training school after graduating from basic military training.

Uniforms

Students wear a combination of blues and battle dress uniforms depending on the local uniform policy set by the commander.

Physical fitness

All students will maintain their weight and body fat measurements

as well as attend physical fitness training when required.

Mail

Students are given an individual mailing address and assigned a post office box while attending technical training school. They are allowed to receive letters and care packages via the address given to them.

Other requirements

Students are required to march to and from class daily.

Air Force Recruiting Service publishes DEP News as a monthly insert to *New Airman* magazine. Information is intended for people in the Air Force's Delayed Entry Program. Information in this publication is subject to change without notice. All photographs are U.S. Air Force photos unless otherwise identified. Questions and comments should be directed to AFRS Public Affairs at (210) 565-4678 or DSN 665-4678, or e-mailed to afrrshqpa@rs.af.mil.

Restrictions

During your stay at technical training school, you are expected to follow standards established to aid in your transition from basic training. Upon arrival to your technical training school, you will enter the phase program.

Phase I

Duration: First two weeks at tech school

Curfew: 10 p.m. for both on- and off-duty days

- Airmen remain on station the entire phase, both on and off duty
- Airmen remain in uniform on and off duty, except in dorm room
- Airmen must attend physical conditioning three times per week
- Airmen may not operate a privately owned vehicle
- Airmen may not consume alcohol
- Airmen will have weekly room inspection
- Airmen are required to live in the dormitory

Phase II

Duration: Second two weeks at tech school

Curfew: 10 p.m. on duty days, midnight on weekends

- Airmen remain in uniform on and off duty, except in dorm room
- Airmen are allowed off base after duties hours, but only in the blues uniform
- Airmen must attend physical conditioning three times per week
- Airmen may operate a privately owned vehicle after duty hours
- Weekend travel radius is 25 miles
- Airmen may consume alcohol if of legal age on weekends
- Airmen are subject to weekly room inspections
- Airmen may live off base if married, with prior approval

Phase III

Duration: End of second phase until 180th day at tech school

Curfew: 10 p.m. on duty days, no curfew on weekends

- Airmen must remain on station during duty hours
- Airmen must remain in uniform during duty hours
- Appropriate civilian attire is allowed after duty hours
- Airmen must attend physical conditioning three times per week
- Weekend travel radius is 150 miles
- Airmen are subject to room inspections twice a month

Phase IV

Duration: 181st day through departure for duty assignment

Curfew: None

- Airmen have no restrictions to remain on station
- No physical conditioning requirement
- Airmen may operate a privately owned vehicle at any time
- Weekend travel radius is 300 miles
- Airmen may consume alcohol if of legal age after duty hours
- Airmen are subject to one room inspection per month
- Airmen may personalize their dorm room



Steve Scheuring, owner of the Scheuring Speed Sports Snocross Team, takes pointers from Staff Sgt. David Rogers, a security forces instructor, at the fire arms training simulator during his visit to Lackland Air Force Base, Texas. Mr. Scheuring visited Lackland and Randolph Air Force Bases as part of an orientation of the Air Force, one of the team's primary advertisers.

Snocross team visits BMT

RANDOLPH AIR FORCE BASE, Texas — The Scheuring Speed Sports Snocross Team visited Randolph and Lackland Air Force Bases, Texas, in June as part of an orientation with the Air Force, one of the team's primary advertisers.

Snowmobile drivers Dennis "DJ" Eckstrom and Carl Schubitzke, both award-winning extreme sportsmen, participated in a T-38 orientation flight at Randolph.

Accompanying the drivers were former Formula One snowmobile racer and snocross team owner, Steve Scheuring, and the snocross team's crew chief, Ricky Strobel. As part of the orientation, the team attended a basic military training graduation and a tour of Lackland. The tour included firing the M-16 and M-9 simulators at the security forces technical training school.

Team Scheuring Speed Sports recently finished sixth in the snocross season. Driver Eckstrom

has earned a bronze medal in the 2001 Winter X-Games, silver medal in the 2003 Winter X-Games and is qualified for this year's Winter X-Games. Mr. Eckstrom has 46 top five finishes in the World Snowmobile Association Nationals.

In his first year as a professional snowmobile driver, Mr. Schubitzke already won the Polaris Canterbury Open in Shakopee, Minn.



Snowmobile driver Dennis "DJ" Eckstrom participates in the Green Bay National Snocross Competiton at Lambeau Field in Green Bay, Wis.



Tobacco use terminated in technical training

by 1st Lt. Elaine M. Larson
AETC Public Affairs

Tobacco use and possession are no longer allowed for nonprior-service technical training students at any time while on base or in uniform.

The change is included in Air Education and Training Command instructions published in June.

The policy states that Airmen will only be allowed to use tobacco if they're off base and out of uniform.

Before the policy change, students could use tobacco products on base after duty hours, provided they were out of uniform and had reached at least Phase III of the enlisted phase program.

Smoking costs the Air Force more than \$1 billion each year in health care and lost productivity, according to a report published in 2000 by the Air Force Medical

Operations Agency's office for prevention and health services assessment.

"Smoking is the leading cause of preventable disease and death in the United States," the report states.

Even though Airmen must quit using tobacco before entering basic military training, studies have found 82 percent of those who quit returned to tobacco use after graduation.

Another 7 percent of Airmen entering technical training who have "never had a puff in their lives" pick up the habit within their first year on active duty, said Col. Russell Eggert, chief of the AETC Health Promotion Branch.

"Research suggests most people who use tobacco start in adolescence or early adulthood," he said. "The longer folks hold off, the less likely they are to ever start."

U.S. Air Force's *Future Force*

Daniel J. Dyer

by Tech. Sgt. Thomas Farrill

Date of birth: July 20, 1986

Recruiter: Staff Sgt. Pete Tabury

Hometown: New Britain, Conn.

Name of high school and mascot:
New Britain High School Hurricanes

What is your Air Force job going to be? Electronics

Where do you see yourself in 10 years? Still in the Air Force serving my country

How does your family feel about you entering the Air Force? Very supportive and enthusiastic

Why the Air Force? Because I wanted a challenge

Hobbies: Baseball, hockey and paintball

Favorite music group: Flaw

Best CD: Through the Eyes, Flaw

Favorite magazine: Electronic Gaming Monthly

What movie have you rented or seen more than five times?
"Jurassic Park"

Favorite TV program: "Baseball Tonight"

Favorite video game: Armored Core

Vacation choice: Ireland

Hottest car: Volkswagen Golf GTI

Favorite sports team: Ireland's national soccer team

Personal motto: Learn as if you're going to live forever, live as if you're going to die tomorrow.

If you could hang out with one person for an entire day, who would it be and why? The lead singer from my favorite band Flaw, because his music has greatly influenced the way I think and am today.



Running, pushups are challenge for trainees

Running and pushups seem to be trouble areas for many young people during physical readiness training at basic military training, according to officials at Lackland Air Force Base, Texas.

“The standards are a little higher than what they used to be,” said Tech. Sgt. Theodore Guillory, a military training instructor and course developer.

Last October, Air Force officials implemented more rigorous BMT graduation standards focusing on physical fitness in order to produce fit Airmen.

The MTI suggests that those in the delayed entry program continue to focus on preparing for the physical demands of BMT.

“I highly recommend a regimen that includes running. Concentrate on distance first, working your way up to where you can comfortably run two miles. At that point, then you can begin working to master your time,” he said.

Next, Sergeant Guillory said some trainees are having difficulty meeting the pushup standards. He contributes this in part to genetics that limit upper-body strength for many females and some males as well as form.

“Practicing pushups every day will build the body strength needed, and using your ankles as a pivot point while avoiding sagging in the body provides the proper form needed to meet the standards,” said Sergeant Guillory.

In addition to the run and pushups, the MTI said some students tend to bounce off the ground when performing sit-ups. He warns that this should be avoided since it may be harmful to the back.

While Sergeant Guillory said trainees have a month of physical readiness training at BMT to meet standards, he adds it’s never too early to begin a workout routine geared toward meeting those standards.

